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# The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults

By Frances E. Jensen, Amy Ellis Nutt



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Drawing on her research knowledge and clinical experience, internationally respected neurologist—and mother of two boys—Frances E. Jensen, M.D., offers a revolutionary look at the science of the adolescent brain, providing remarkable insights that translate into practical advice for both parents and teenagers.

Driven by the assumption that brain growth was pretty much complete by the time a child began kindergarten, scientists believed for years that the adolescent brain was essentially an adult one—only with fewer miles on it. Over the last decade, however, the scientific community has learned that the teen years encompass vitally important stages of brain development.

Motivated by her personal experience of parenting two teenage boys, renowned neurologist Dr. Frances E. Jensen gathers what we've discovered about adolescent brain functioning, wiring, and capacity and, in this groundbreaking, accessible book, explains how these eye-opening findings not only dispel commonly held myths about the teenage years, but also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent neurobiology.

Interweaving clear summary and analysis of research data with anecdotes drawn from her years as a parent, clinician, and public speaker, Dr. Jensen explores adolescent brain functioning and development in the contexts of learning and multitasking, stress and memory, sleep, addiction, and decision-making.

Rigorous yet accessible, warm yet direct, *The Teenage Brain* sheds new light on the brains—and behaviors—of adolescents and young adults, and analyzes this knowledge to share specific ways in which parents, educators, and even the legal system can help them navigate their way more smoothly into adulthood.



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### Editorial Review

#### Review

“At moments of extreme exasperation, parents may think that there’s something wrong with their teenagers’ brains. Which, according to recent books on adolescence, there is.... [Jensen] offers a parenting guide laced with the latest MRI studies.... Packed with charts and statistics.” (Elizabeth Kolbert, *The New Yorker*)

“It’s charming to see good science translate directly into good parenting.” (*New York Times Book Review*)

“Frances Jensen, a neuroscientist and single mother of two boys. . . delved into the emerging science of the adolescent brain [and] came out with provocative new insights for parents, educators, public policymakers and teens themselves.” (*Washington Post*)

“Why’s your child so self-absorbed? Give him time, writes neurologist Jensen: Empathy comes with age.” (*Good Housekeeping*)

“Meticulously documented and reported, the studies offer proof that it’s not just parents who think their teenagers don’t quite have it all together.” (*Kirkus Reviews*)

“A captivating chapter, ‘The Digital Invasion of the Teenage Brain,’ calls attention to computer craving and adolescent addiction to the Internet.... [A] sensible, scientific, and stimulating book.” (*Booklist*)

“Recommended for readers who enjoyed Laurence Steinberg’s *Age of Opportunity*.” (Library Journal (starred review))

“A valuable resource for parents, youth workers, educators, and anyone involved with teens in any way. The book is engaging, understandable, and extremely informative.” (*New York Journal of Books*)

“Marvelous.... Dr. Jensen uses her considerable expertise as a neuroscientist and a mother to explain the recent explosion of adolescent brain research and how this research can help us better understand and help young people.” (Carol A. Ford, M.D. President, Society for Adolescent Health and Medicine; Professor of Pediatrics, University of Pennsylvania; and Chief, Division of Adolescent Medicine at the Children's Hospital of Philadelphia.)

“Frances Jensen has brilliantly translated academic science and clinical studies.... A ‘must read’ for parents, teachers, school nurses, and many others who live with or interact with teens.” (S. Jean Emans, MD. Chief, Division of Adolescent/Young Adult Medicine, Boston Children's Hospital; Professor of Pediatrics, Harvard Medical School)

“This well-written, accessible work surveys recent research into the adolescent brain.... Chapter by chapter, Jensen covers essential topics.... Speaking as one parent to another, she offers support and a way for parents to understand and relate.” (*Publishers Weekly*)

#### From the Back Cover

For many years, scientists believed that the adolescent brain was essentially an adult one. Over the last

decade, however, neurology and neuroscience have revealed that the teen years encompass vitally important stages of brain development.

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The Teenage Brain explains how these eye-opening findings not only dispel commonly held myths about teens but also yield practical suggestions for adults and teenagers negotiating the mysterious and magical world of adolescent biology.

“It’s charming to see good science translate directly into good parenting.”—*New York Times* Book Review

“This well-written, accessible work...offers support and a way for parents to understand and relate to their own soon-to-be-adult offspring.”—*Publishers Weekly*

#### About the Author

Frances E. Jensen, MD, is Professor and Chair of the Department of Neurology at the Perelman School of Medicine, University of Pennsylvania. She was Professor of Neurology at Harvard Medical School, Director of Translational Neuroscience and Director of Epilepsy Research at Boston Children’s Hospital, and Senior Neurologist at Boston Children’s and Brigham and Women’s Hospitals. She lectures widely about the teen brain at science museums, TEDMED, and high schools.

Amy Ellis Nutt is a science journalist at the Washington Post and the recipient of a Pulitzer Prize in feature writing. Her most recent book is *Becoming Nicole: The Transformation of an American Family*.

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#### Jordan Sampson:

Hey guys, do you wishes to finds a new book to read? May be the book with the concept The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults suitable to you? The particular book was written by popular writer in this era. The actual book untitled The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults is the one of several books that will everyone read now. This specific book was inspired lots of people in the world. When you read this e-book you will enter the new dimensions that you ever know just before. The author explained their plan in the simple way, consequently all of people can easily to know the core of this reserve. This book will give you a great deal of information about this world now. To help you to see the represented of the world within this book.

**Jan Dixon:**

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**Ronald Kleiman:**

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